Anisha Abraham has global health experience and is a pediatrician and teen health specialist on faculty at Children’s National Hospital and Medstar Georgetown University Hospital. Check out her recently released book *Raising Global Teens: Parenting in the 21st Century* and watch her TEDx talk: *Demystifying Teens*.

Nomi Sherwin is currently a fellow in the Division of Adolescent and Young Adult Medicine at Children’s National. Her scholarly and clinical interests include social justice medicine, ethics, the influence of culture on teenage identity and medical education.

Patricia Kapunan is a military-trained Adolescent Medicine specialist and pediatrician with broad experience in clinical operations leadership and academic medicine, and graduate training in clinical research and public health. Areas of focus include health services delivery, care of adolescent patients with chronic complex health conditions, and transition from pediatric to adult health services.

Joseph Waters is a Adolescent Medicine fellow at Children’s National Hospital since July 2019. His clinical and research areas of interest include working to address social determinants of health and improve the lives of sexual and gender minority youth.
# TOP 7 CHILDREN’S HOSPITAL IN THE NATION 2021

<table>
<thead>
<tr>
<th>SPECIALTY</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Hospital Ranking</td>
<td>7</td>
</tr>
<tr>
<td>Neonatology</td>
<td>1</td>
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<tr>
<td>Neurology and Neurosurgery</td>
<td>3</td>
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<tr>
<td>Cancer</td>
<td>5</td>
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<tr>
<td>Nephrology</td>
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<tr>
<td>Orthopedics</td>
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<tr>
<td>Pulmonology</td>
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<tr>
<td>Diabetes and Endocrinology</td>
<td>10</td>
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<tr>
<td>Gastroenterology and GI Surgery</td>
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<tr>
<td>Urology</td>
<td>25</td>
</tr>
<tr>
<td>Cardiology and Heart Surgery</td>
<td>38</td>
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</tbody>
</table>
FUTURE OF PEDIATRICS TALKS!
A VIRTUAL SUMMER SERIES

Pediatric Health Network
Future of Pediatrics Talks! A Virtual Summer Series
A few notes about today’s Webinar

• All lines are muted throughout the webinar.
• Please use the Q&A box to ask questions or make comments.
• Today’s Webinar recording, slides and resources will be posted to the PHN website following the presentation.
• You can find past FOP presentations on our website at https://pediatricrehealthnetwork.org/future-of-pediatrics/
## Upcoming FOP Talks!

<table>
<thead>
<tr>
<th>DATE/TIME</th>
<th>TOPIC</th>
<th>SPEAKER(S)</th>
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</thead>
<tbody>
<tr>
<td>June 29</td>
<td>Children’s National Hospital &amp; COVID-19 Update</td>
<td>Kurt Newman, MD</td>
</tr>
<tr>
<td>12:00-12:30</td>
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<td>Bud Wiedermann, MD, MA</td>
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<tr>
<td>June 29</td>
<td>Food Insecurity 101: Effective Strategies to Screen &amp; Intervene</td>
<td>Kofi Essel, MD, MPH, FAAP</td>
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<td>12:30-1:00</td>
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<tr>
<td>July 13</td>
<td>Atopic Dermatitis: New Treatment Recommendations</td>
<td>Kaiane Habeshian, MD</td>
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<tr>
<td>12:00-12:30</td>
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<tr>
<td>July 13</td>
<td>Hemangiomas &amp; Port Wine Stain</td>
<td>A. Yasmine Kirkorian, MD</td>
</tr>
<tr>
<td>12:00-12:30</td>
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</tr>
</tbody>
</table>
Speakers

Anisha Abraham, MD, MPH  Nomi Sherwin, MD  Patricia Kapunan, MD, MPH  Joseph Waters, MD

No conflicts to disclose:

• No financial or business interest, arrangement or affiliation that could be perceived as a real or apparent conflict of interest in the subject (content) of their presentation.
• No unapproved or investigational use of any drugs, commercial products or devices.
Love in the Time of Coronavirus: Navigating Youth Sexual Health During a Pandemic

Patricia E. Kapunan, MD, MPH
Adolescent Medicine Physician
Medical Director, Adolescent Health Center
Children’s National Hospital

Joseph Waters, MD, MPH
Adolescent Medicine Fellow
Children’s National Hospital
• We have no conflicts of interest to report
• This presentation’s content includes no off-label use of drugs or devices
Today’s Objectives

• Describe the impact of the COVID-19 pandemic on youth sexual health and on services for sexual and reproductive health (SRH)
• Employ strategies to optimize confidentiality and access to SRH care by adolescents
• Review updates in management of common sexually transmitted infections
• Learn about services available at Children’s National for provider support and referral for youth sexual health issues
Pandemic Adolescent Health: Teens & COVID-19

Youth have a critical role in the spread and transmission of COVID-19

- Based on national data reported to the CDC, from March-Dec 2020:
  - 18-24yo had the highest # weekly new cases of any age group
  - 14-17yo had the third highest weekly incidence

COVID-19 Weekly Incidence by Age Group:
United States, Mar 1 - Dec 12 2020

• National text survey of 797 youth 14-24yo conducted in October 2020
• Reasons why – preventing spread to others (21.1%), other’s behaviors (15.7%) and protecting oneself (15.3%)
• Much situational variation in how youth defined safe settings and close contacts

Youth Risk Behavior Survey 2009-2019: % of High School Students Who….

...Used effective hormonal birth control the last time they had sex

...Used a condom the last time they had sex

Youth were more likely to wear a mask than a condom, or use birth control!

Pandemic Adolescent Health: Youth Behaviors


- Youth continue to see friends and romantic/sexual partners
- Romantic and sexual interactions also happen virtually


- Reported use of tobacco, cannabis, alcohol did not change after the stay-at-home order period
Pandemic Adolescent Health: General Health Services

The pandemic has impacted and transformed health services for youth in a variety of ways.

- Interruption of preventative health services including vaccinations
- Telehealth and virtual communication have assumed more priority due to physical distancing constraints impacting care
- Traditional barriers to care for teenagers are now augmented by new access barriers
- Delayed or deferred care results in higher acuity at presentation
Pandemic Adolescent Health: SRH Services

- Sexual and Reproductive health has been specifically challenged by access barriers to confidential care, testing and treatment supply shortages

Jan 2020 – CDC Recommendations for Providing Quality STD Clinical Services (STD QCS)

April 2020 – CDC Guidance for Disruption in STD Clinical Services; FDA reports Azithromycin shortage

May 2020 – STD Treatment Options Update

Sept 2020 – CDC Guidance for Shortage of STI Dx Kits and Lab Supplies

Dec 2020 – Update to CDC Tx Guidelines for Gonococcal Infection; 2021 STD Treatment Guidelines Preview
Pandemic Adolescent Health: SRH Services


• Online survey of 2005 youth 16-24yo in the UK

• Factors impacting access to contraceptive services:
  • Restriction of SRH services, lack of knowledge about how to access
  • Closure of usual points of access for free condoms or services
  • Reluctance to access services during lockdown
  • Unable to access supplies/services due to independence, embarrassment or confidentiality constraints
Pandemic Adolescent Health: SRH Services


• Other key findings:
  • Confusing messages about contraception causing distress/anxiety
  • Limited STI testing contradicts messaging about routine/asymptomatic testing
  • Changes in sexual behavior – more unprotected sex, avoiding sex, stopping contraceptive method
• National testing data 1/19-6/20
• CT/NG testing decreased by 59% for females (A) and 63% for males (B)
• Testing nadir in April 2020 accompanied by increase in CT/NG Positivity rates

Pandemic Adolescent Health: SRH Strategies

- Optimize preventive health opportunities
- Cultivate health literacy, including minors’ rights to confidential SRH care, how to access health information and health services
- Re-evaluate minors’ access to confidential SRH services in the context of pandemic changes to operations
- Get smart on social media and other youth-friendly virtual tools for health promotion, health education, and service delivery
- Leverage telehealth to expand access to SRH services
Telehealth: Contraception

Some concerns can be initially or entirely managed via telehealth
- Contraception counseling
- Pregnancy concern and options counseling

Many forms of contraception can be prescribed by telehealth
- Provider comfort level with contraceptive management and familiarity with patient are key factors
- A pregnancy test is not strictly needed to assess for pregnancy prior to starting contraception
CDC’s “Selected Practice Recommendations for Contraceptive Use” offers guidance on assessing pregnancy risk by history alone (LMP and date of last sexual encounter).

https://www.cdc.gov/mmwr/volumes/65/rr/pdfs/rr6504.pdf
Telehealth: STI Management

Most concerns can be initially or entirely managed via telehealth

- Detailed risk assessment, counseling and empiric treatment
- Need for in-person care can be determined on an individual basis
- Syndromic management can additionally limit in-person care; close follow up is prudent
- In-person care is indicated when sensitive physical exam or medical procedures are critical for management
Pandemic Adolescent Health: LGBTQ Youth

LGBTQ youth experienced an increase in disparity of negative mental health outcomes


• Social distancing may lead to loss of protective social connections


• Sexual and gender minority (SGM) young adults had higher levels of depression, PTSD symptoms and COVID-19-related worries and grief than non-SGM, even after controlling for family support, lifetime discrimination, and pre-existing mental health diagnoses
Clinical Update 12/20: Management of Uncomplicated Gonorrhea

• Ceftriaxone monotherapy
  o A single 500 mg IM dose of ceftriaxone is now recommended for uncomplicated gonorrhea. Dose is 1 gram for persons weighing ≥150 kg (300 lbs).
  o Azithromycin is no longer recommended as adjunct due to *N. gonorrhoeae* resistance

• Chlamydia coinfection
  o Oral doxycycline (100 mg BID x 7 days) should be administered when chlamydial infection is confirmed or has not been excluded

• Expedited Partner Therapy for Gonorrhea
  • Partners may be treated with a single 800 mg oral dose of cefixime (Add Doxycycline 100mg BID x 7 days if chlamydia has not been excluded).

• Test of cure recommended for oropharyngeal gonorrhea

Update to CDC's Treatment Guidelines for Gonococcal Infection, 2020. MMWR 69(50);1911–1916. https://www.cdc.gov/mmwr/volumes/69/wr/mm6950a6.htm?s_cid=mm6950a6_w
Clinical Preview 12/20: CDC STI Guidelines 2021
(anticipated release Summer 2021)

• Chlamydia
  o Updated gonorrhea guidelines recommend doxycycline over azithromycin for empiric cotreatment of chlamydia
  o For chlamydia only, doxycycline will also be preferred, due to superior coverage for rectal CT

• Be on the lookout for changes in management for:
  o Trichomonas vaginalis
  o Pelvic Inflammatory Disease
  o Mycoplasma genitalium

https://www.cdc.gov/std/treatment/
Clinical Update: HIV Pre-Exposure Prophylaxis (PrEP)

• HIV PrEP
  • Emtricitabine/tenofovir (Truvada)- any persons >35kgs
  • Descovy- not for cisgendered females having vaginal intercourse

• Link patients to PrEP services
  • MSM with STI’s
  • Anyone with multiple STI’s per year
  • Discordant partners of HIV+ individuals
  • Anyone interested in PrEP can be referred for education/counseling
Children’s National HIV PrEP Hotline

For questions about HIV PrEP, or to make a referral for PrEP or to the STI/PrEP Clinic:

• Call 202-476-2519 or
• email PrEPservicesSIS@childrens national.org
• Non-urgent referrals or consultation
• Patient support includes transportation to medical appointments, adherence support, insurance assistance for PrEP
Virtual Teen Health Sessions*

- Weekly virtual reproductive health sessions
- Confidential
- Hormonal contraceptive methods
- Proper condom use
- STI symptoms
- Text TEEN HEALTH to 202-780-6703

*Services currently on hold, please contact us before making a referral
Children’s National Hospital Grand Rounds
2021 Pride Lecture, June 16, 2021, 8-9am

“The right to high-quality care: confronting our barriers to providing care for all trans and gender diverse youth”

Frances Grimstad, MD, MS
Division of Gynecology, Department of Surgery
Boston Children’s Hospital
Assistant Professor of Obstetrics, Gynecology, and Reproductive Biology, Harvard Medical School

Zoom information:
https://childrensnational.zoom.us/j/94466886479; Webinar ID: 944 6688 6479

*This lecture will not be recorded
COVID & Beyond Social Media Campaign
Teen friendly information about a wide range of issues not limited to:

- COVID
- Reproductive health
- Self care/Coping
- Virtual learning
- Civic participation

Youth-driven content curated by COVID & Beyond youth ambassadors

https://www.instagram.com/covid_and_beyond/
Clinician Resources: STI Management


CDC Guidance and Resources During Disruption of STD Clinical Services https://www.cdc.gov/std/prevention/disruptionGuidance.htm

https://www.cdc.gov/std/default.htm
Clinician Resources: STI Management

https://www.cdc.gov/std/tg2015/default.htm

Centers for Disease Control and Prevention. Update to CDC's Treatment Guidelines for Gonococcal Infection, 2020. MMWR 69(50);1911–1916. 
https://www.cdc.gov/mmwr/volumes/69/wr/mm6950a6.htm?s_cid=mm6950a6_w

Sexually Transmitted Diseases

Summary of 2015 CDC Treatment Guidelines

We recommend the app.

https://www.cdc.gov/std/default.htm
Programs for free delivery of condoms & sexual and reproductive health supplies:

**DC Dept. of Health**

- DC residents can get information and order a test for mailing to their DC address at [GetCheckedDC.org](http://getcheckeddc.org)
- DC Health and Wellness Center at (202) 741-7692
  - Patients with symptoms Mon/Wed/Fri 9am-3pm
  - Patients with NO symptoms - express clinic, no doctor present Tue 8:15-3p/Thur 8:15am -11:15am
  - For uninsured DC residents, services will be covered free of charge

**Other websites**

- [https://www.sisterreach.org/safe-sex-kit.html](https://www.sisterreach.org/safe-sex-kit.html)
- [https://sexisdc.org/freecondoms/](https://sexisdc.org/freecondoms/)
- [https://sexualbeing.org/get-condoms/free-condoms/](https://sexualbeing.org/get-condoms/free-condoms/)
- [https://dchealth.dc.gov/service/condoms-and-condom-information](https://dchealth.dc.gov/service/condoms-and-condom-information)
Clinician Resources: Contraception Management


Youth Digital SRH Resources

Websites:
- Advocates for Youth [https://advocatesforyouth.org/](https://advocatesforyouth.org/)
- Amaze [www.amaze.org](http://www.amaze.org)
- Beyond The Pill [https://beyondthepill.ucsf.edu/educational-materials](https://beyondthepill.ucsf.edu/educational-materials)
- Center for Young Women’s Health [https://youngwomenshealth.org/](https://youngwomenshealth.org/)
- Latin American Youth Center [https://www.layc-dc.org/](https://www.layc-dc.org/)
- Medical Institute for Sexual Health [https://www.medinstitute.org/](https://www.medinstitute.org/)
- Young Men’s Health [https://youngmenshealthsite.org/](https://youngmenshealthsite.org/)
- Parents and Friends of Lesbians and Gays [https://pflag.org/](https://pflag.org/)
- Partners In Contraceptive Choice And Knowledge [https://picck.org/patient-resources/?fwp_resource_category=patient-counseling-and-education](https://picck.org/patient-resources/?fwp_resource_category=patient-counseling-and-education)
- Planned parenthood
  - [https://www.plannedparenthood.org/planned-parenthood-metropolitan-washington-dc/patient-resources/teen-health-services](https://www.plannedparenthood.org/planned-parenthood-metropolitan-washington-dc/patient-resources/teen-health-services)
  - [https://www.plannedparenthood.org/learn/teens](https://www.plannedparenthood.org/learn/teens)
- Reproductive Health Access Project [https://www.reproductiveaccess.org/contraception/](https://www.reproductiveaccess.org/contraception/)
- Scarlet teen [www.scarletteen.com](http://www.scarletteen.com)
- Sex,etc. [www.sexetc.org](http://www.sexetc.org)
- Supporting and Mentoring Youth Advocates and Leaders [https://smyal.org/](https://smyal.org/)
- STD Wizard [https://stdwizard.com/#/home](https://stdwizard.com/#/home)

Apps:
- Clue
- Flow
- Planned parenthood
- Sisterhood

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**FUTURE OF PEDIATRICS**
pkapunan@childrensnational.org
jwaters3@childrensnational.org
Thank you!

The recording, presentation and materials will be posted on our website shortly.

Questions? Contact us at phn@childrensnational.org